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Healthful Eating: A Cookbook For Those With Candida, Celiac Disease & Diabetes



Synopsis

America has become a fast society. Fast food, fast medical fixes with antibiotics and fast paced living with little to no exercise. The result is more people with Candida and Celiac disease, expanding waistlines and Diabetes on the increase. Eating to control these diseases has been a lifetime of blandness followed by bouts of cheating for some variety and taste. No longer. This cookbook features over 200 recipes full of taste and variety that meet those dietary needs. Gourmet cooking is a passion of Lynette Hall. She studied America's great cooks and developed dishes from soups to nuts with everything in between. Her diagnosis with Candida started the development of this book. These recipes fit a busy lifestyle, the diet restrictions and are easy to prepare, most in 30-40 minutes. Variety abounds from American favorites to ethnic cuisine and a section devoted to condiments. Create your own catsup, mayonnaise and more!"Ms. Hall's book is a giant leap forward for families who know diet is health. Lynette's wheat free, dairy free, stevia sweetened recipes are unique and healthful for all of us, yeast infections or not. We will enjoy these recipes for years to come."-Dr. Conrad Maulfair, D.O.

Book Information

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Customer Reviews

Lynette Hall has loved cooking since her first easy-bake oven. From a young age she studied America's great cooks. Her own Candida diagnosis brought her to study the causes and diet needed. She developed and converted recipes to meet the dietary needs for those with Candida, Celiac disease and Diabetes.

This book addresses two problems that I have. Orders from my doctor to stay away from gluten and sugar. I am only allowed Stevia. (and not the kind that has added fillers). This book is very helpful.LD

I really love the receipes but i dont know what i am supposed to not eat in the beginning. some statements say these are for maintainace times but i am not sure when i am in what period. i do like the book and would recommend it to those who already are getting rid of yeast problems and are "in the know" on what to do first. good easy meals and great tasting.

Unfortunately, this book is not what is says in its title nor the context. There are many recepies that do not follow what she is stating that the book contains. I was disappointed!Gamz

The recipes in this cookbook are absolutely perfect for my medical conditions: candida overgrowth, diabetic, and celiac disease. I am hoping to have great benefits from using these recipes.

The best book for these diets - even has stevia which is all my body can take.

Helps isolate on the types of food and recipes that assist people with Candida! Great guide to cut to the chase.

My alternative care physican, Dr. Maulfair (who wrote a blurb about the Lynette Hall on the back cover of this book) diagnosed me with Candida. He recommended this book to me and I am now Candida free thanks to the delicious recipes Lynette has created. I think it's wonderful that a doctor points his patients to getting to the root of a problem nutrionally. Thank you Lynette and Dr. Maulfair!

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